

# **The Sprouted Kitchen: A Tastier Take On Whole Foods By Sara Forte**

**By Sara Forte**

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NPR coverage of The Sprouted Kitchen: A Tastier Take on Whole Foods by Sara Forte and Hugh Forte. News, author interviews, critics' picks and more.

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'The Sprouted Kitchen: a tastier take on whole foods,' is an uncomplicated cookbook by Sara Forte. Each recipe, made from nutritious ingredients, has its own special

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Multigrain carrot-date muffins. adapted from The Sprouted Kitchen: a tastier take on whole foods makes 12 muffins. 1 cup (250 ml) low fat buttermilk

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### **Customer Reviews: The Sprouted Kitchen Bowl and -**

This cookbook was the inspired from Sara Forte s website The Sprouted Kitchen. The Sprouted Kitchen: A Tastier Take on Whole Foods by Sara Forte (Hardcover

### **The House Salad Recipe | Epicurious.com -**

The House Salad. by Sara Forte A Tastier Take on Whole Foods by Sara Forte. and eventually a food blog, Sprouted Kitchen (sproutedkitchen.com),

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### **Sprouted Kitchen -**

Sprouted Kitchen. Tags: banana, coconut, dairy free, gluten free, vegan. 1/2-3/4 cup crumbled feta cheese, to taste; Put the lentils into a large mixing bowl.

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### **Sauce Magazine Blog The Sprouted Kitchen: A -**

Depending on your definition of diet, I m either always on a diet or never on one. If I had to define my diet, it would be eating primarily whole foods prepared as

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"Sara Forte showcases her tasty take on whole foods with 100 easy, produce-rich recipes that take advantage of whole grains, unsaturated fats, natural sugar

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